

Tips for being a fantastic

WELLNESS AMBASSADOR

SHARE THE NEWS

SHARE THE MEDIA

Did you know LiveWell Vermont has a Facebook, Blog and Instagram? Follow and share our posts!

DISPLAY WELLNESS NEWS

LiveWell sends monthly Wellness Ambassador Emails! Forward them fellow employees or print out the documents and place them in high traffic areas such in stairwells or elevators and by water fountains.

LIVE THE NEWS

LEAD BY EXAMPLE

Create a culture of health by living the lifestyle! Encourage others to join you on your wellness journey!

PARTICIPATE IN PROGRAMMING

Whether it is challenges, screenings or workshops, participating is the first step to showing your dedication to wellness.

SHARE SUCCESS STORIES

Let your coworkers know what has worked for you! Share your favorite new healthy recipe or personal fitness victory!

CREATE THE NEWS

GET CREATIVE

Create a Wellness Bulletin board to share healthy recipes, new workouts and community events!

PLAN AN EVENT!

Invite coworkers to a walking meeting, healthy potluck, or create a department wide challenge!

TALK TO US!

What do you want to know? What areas of wellness are particularly challenging in your office? Let us know and we will happily help!

INVITE US OVER!

Free education on a wellness topic of your choice! Invite us to your next meeting, retreat or luncheon!